



## Lincoln Lightning Swim Team

### WELCOME

The City of Lincoln Parks and Recreation Department welcomes you and your family to our intramural swim team program at the McBean Memorial Park Pool in Lincoln, California. McBean Pool has an extensive aquatics program which includes our swim team, American Red Cross Learn to Swim program, and a water aerobics program. Our swim team coordinator and swim coaches are American Red Cross Water Safety Instructors.

### Registration Information

All swimmers ages 6-18 (age as June 1, 2018) who have completed try outs and have made a team are welcome to sign up.

### Try Outs

Try outs are **mandatory for new swimmers.** There will be four opportunities for your swimmer to try out. The dates are May 19 from 9:00 a.m. to 1:00 p.m. and May 22, 23, 24 from 3:30 to 5:30 p.m. Your swimmer's try out will take approximately 30 minutes.

The skill requirements to be considered for a team are:

<u>Age Group</u>	<u>Ability to demonstrate</u>	<u>Minimum requirement</u>
6 - 8 years	Freestyle - 25 yards	Continuous swimming with rotary breathing (side or front)
	Backstroke	15 yards
9-10 years	Freestyle - 25 yards	Continuous swimming (face in the water) with rotary breathing to side.
	Backstroke - 25 yards	Continuous swimming

<u>Age Group</u>	<u>Ability to demonstrate</u>	<u>Minimum requirement</u>
11-16 years	Freestyle - Backstroke - Breaststroke Butterfly	50 yards 50 yards knowledge of stroke knowledge of stroke Able to dive
17 and 18	Freestyle - Backstroke - Breaststroke - Butterfly Diving	50 yards 50 yards 50 yards 25 yards

### Priorities

The following is a list outlining our registration priority for the Lincoln Lightning swim team participants who have met our try out requirements.

- 1) Returning Participants.
- 2) Siblings of current team members who meet the requirements.
- 3) Lincoln Residents who meet the requirements.
- 4) Non -Residents who meet the requirements.

### Swim Team Practice

Practices are held Tuesday, Wednesday and Thursday mornings between 7:30 a.m. and 10:00 a.m. The tentative schedule is as follows:

6-8 years	7:30 – 8:00 a.m.
9-11 years	8:10 – 8:50 a.m.
12 and up	9:00 - 9:50 a.m.

**This schedule may be revised according to # of participants.**

### Swim Team Meets

The Lincoln Lightning Swim Team has three meets over the summer. The meets for 2018 are on June 30, July 21, and August 4. The meets are scheduled from 8:30 a.m. to 1:00 p.m. depending on number of swimmers, meets may end early.

Swim Team Pictures are on Wednesday, July 11, 2018 at 8:30 a.m. (no practice today).